NAUTILUS

MAGAZINE OF NEW THOUGHT

DECEMBER 1946

Give Power to Your Plans ANNIE S. GREENWOOD, M.A.

What Makes Life Worth Living? PAUL CARTER

The Attainment of Enduring Health RUTH W. GROSS

Peace HELEN IVES

How I Let Go—And Prosper FERN CURTIS

Concerning Spiritual Healing JEANETTE A. SWAFFORD

How We Can Know We Are Being Led EDITH H. MORRELL

Unhappy Homes ELIZABETH TOWNE

Edited by ELIZABETH TOWNE
WILLIAM E. TOWNE

PRICE 20 CENTS

Grist to Your Mill!

BY SHELDON SHEPARD

THAT IS what they are — all these things which are happening to you and to your world — grist to your mill for your use in making a worthwhile product.

Use them now to build your strength and happiness. Every one can increase his capacity to grow and be happy, using as his material his present circumstances. Then his new strength sets itself at the transformation of his environment, and the first thing he knows everything starts to be better. He is exerting a spiritual influence for the preservation of all the interests of his heart!

When one adds to the strength with which he picks up his daily load he finds new power to create better conditions. Using and changing circumstances are the same process. Learn it and life will be your constant working companion.

What's Cooking FOR NEXT MONTH?

Imagination Imagination is a wonderful power in many lines of human endeavor. We doubt if many of those who write about it really appreciate the extent of this power. However, here is a good beginning in understanding imagination, to be found in the article by Henry H. Graham, HAVE YOU IMAGINATION — OR NOT?

Again, The Subconscious Mind "I never experienced a day when I could look to my parents for admiration and protection as a normal child should," says one of our contributors. Of course this man grew up with some queer mental quirks — many complexes which troubled him and held him back in later life. He found help in the subconscious mind, as he will tell us in YOUR SUBCONSCIOUS MIND CAN BE TRAINED TO HELP YOU.

Helps To Peace Here is a woman who early learned of some of the things which destroy peace — but as she grew older, she searched for and found the secret of serenity. She is sharing her experience with NAUTILUS readers in PATHS TO PEACE AND HEALING.

Guided She had a college degree and teaching experience, yet she gave up her profession for a few years. However, it became necessary for her to again return to her profession. Of course she was somewhat rusty and naturally doubtful. She used an affirmation of Guidance so effectively that the transition was made more smoothly than you would think possible. An interesting experience, we think. Title, MY INVISIBLE GUIDE.

What Do YOU Lack? U. S. Aultman thinks we would have better success in applying Truth if, instead of studying about what is wrong with the world, we would first try to find out what is wrong with OURSELVES. For those who are trying to apply Truth, there are some helpful ideas, we think, in TWO STEPS IN HEALING.

Acting a Part William James recommended that if you wanted to develop in a certain direction, you should ACT as if you were already on your way. One of our contributors makes this idea the subject of her article — ACT THE PART.

Your Success It begins with yourself — but it must not end there, says D. D. Arroyo. Some light on the subject of success will be found, we think, in SUCCESS BEGINS WITH YOU.

Important to Nautilus Subscribers

If you find an expiration notice attached to this space it means that your subscription expires with this issue UNLESS your renewal has crossed the notice in the mail. IF YOU WILL RETURN THE RENEWAL BLANK WITH YOUR REMITTANCE SO THAT IT REACHES US BY THE 29th OF THE MONTH OF THIS ISSUE WE WILL CREDIT YOU WITH 13 MONTHS FOR $2.00. Extra month for prompt renewal. Or we will send NAUTILUS two years for $3.00 (30¢ extra per year for Canadian postage; and 60¢ extra postage per year to foreign lands). Do not look for change in credit mark on wrapper of your NAUTILUS before second month after your renewal.

WE AFFIRM that the basic truth of all religions is one. And that this truth — understood and applied — frees, heals and prospers the individual — HERE AND NOW.

NAUTILUS takes its name from the following verse from Holmes' poem, *The Chambered Nautilus:*

BUILD thee more stately mansions, oh, my soul,
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple nobler than the last,
Shut thee from heaven with a dome more vast,
'Til thou at length art free,
Leaving thine outgrown shell by Life's unresting sea.

SUBCONSCIOUS labour seems to induce much less fatigue than the work which is the outcome of conscious effort — unless, indeed, in the former case, astonished by the results, we fancy ourselves to have been wearied by the stupendous task which seems to have been performed. As a general rule, suggestion appears to fatigue us no more than sleep with its dreams fatigues us. Yet sleep with its dreams represents a considerable amount of work; but work in which voluntary effort is reduced to a minimum, as in suggestion itself. This harmonizes with the teachings of contemporary physiology.

— *Baudouin*

Troward's Mental Science Methods

Judge Troward, the English jurist, was one of the world's great teachers of Mental Science. Prof. William James of Harvard pronounced him a leader in clear thinking and writing upon this subject. Troward had one American pupil—GENEVIEVE BEHREND. She went to England for the sole purpose of studying under Troward himself. She presents his teaching upon PRAYER, VISUALIZING, ATTAINING DESIRE, etc., in her book—

YOUR INVISIBLE POWER

BY GENEVIEVE BEHREND

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NEEDFUL

I LONG for beauty.
In the frail morning light I search
The hills and find the slender birch
In rhythmic dance that charms.
Their grace shall be my own.

I seek for beauty.
At noon while resting in the sun,
I view the glades where rivers run
And turn to molten gold.
Their glory is my own.

I live in beauty.
In hazy, blue, star littered sky
The moon, a broken disc, hangs high.
I rest in its pale light,
My soul has found its own!

— *Marguerita Hawkins*

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These Gifts

BY VIVIAN S. DURDEN

I THANK THEE, God, for Faith,
Of good there is in each new day,
For when I put my trust in Thee
My fears dissolve along the way.

I thank Thee, God, for Hope
That beckons toward fulfilled desire;
This potent gift within my hand,
To noble things I need aspire.

I thank Thee, God, for Love
Of fellow man, that spark divine,
For mocking gifts are Faith and Hope
Without this greater gift of Thine.

Editorials

By ELIZABETH TOWNE

A little spring had lost its way,
Among the grass and fern;
A passing stranger scooped a well,
Where weary men might turn.
He walled it in, and hung with care
A ladle at its brink —
He thought not of the deed he did,
But judged that toil might drink.
He passed again, and lo! the well
By summers never dried,
Had cooled ten thousand parching tongues,
And saved a life beside.

— *Lord Houghton*

*

Unhappy Homes

Very often the only real trouble in an unhappy home is the deadlock between the father and the mother.

It takes two to make a deadlock, and either one can break it. A deadlock is all in the mind, and the accent is on the dead; that is, minds are locked up, are dead, in a grip that is fixed like unto death itself.

A deadlock is a purely mental state. The only thing that will solve a deadlock is love. Love builds all mentality. It is able to regenerate and rebuild any mental state. Any deadlock existing a little while between two human beings tends to bring about a disillusion to any kindly relationship between them.

One individual will not surrender to another, any more than one nation will surrender to another so long as they are in opposition to each other. There may be a truce, or even an armistice, from time to time, but a *surrender* — never.

There is only one power that mind will surrender to, and that power is love.

You see, love is God who is in and back of both of those on each side of the deadlock. In truth, the vantage point for both is One. In God two persons become one. In love they are really united as one. Whatever is good for one is the best possible thing for the other also.

Now suppose you want to dissolve a deadlock in your family. The first thing to do is to omit thinking about the deadlock, and to stop reaffirming it into reality in the mind or anywhere else. Instead of making the deadlock more firm, begin looking for love with which to encourage the relationship between the two persons concerned. Remember that in God two beings can work together for the common good of themselves and those around them without either one "surrendering" any of his real good. This is the point that must be conceded. There is no deadlock in God.

But there *is* individuality. The man has his individuality, and he would be a fool to surrender it. The wife has her individuality, and she would be foolish to surrender it. But also, the two together have an individuality which is neither the husband's nor the wife's. It might be called the family individuality. And in the family individuality, each has his place and part.

Yes, I can tell you that love is the only thing big enough to work out

the problem of a deadlock between the heads of a family. Love enlightens the intellect and lightens life.

*

To Make Middle Age a More Happy Period

HERE IS a woman of forty-five, afflicted with a feeling of "hopeless despair." How well every woman knows that feeling at the age of about forty-five. Almost every woman has it, and the real reason is that she keeps right along doing a lot more than she should do while she is passing through this period of her life.

You see, the change which you are undergoing at this time in your body takes an extra amount of energy. If you keep on doing the same amount of housework and other things which you have been doing for the past ten years or so, the energy required to make the adjustment in your body is diverted, to some extent, by too much physical activity.

Suppose you try changing your way of living — change it in every little detail so far as you can. Make the change with the idea of taking it more easy for a few years. If you are in good physical condition, you should come out of the experience stronger and better and fuller of ideas and life than ever before. I know this from my own experience and that of others.

Here are some of the things that might be helpful: See that your diet is simple and nourishing. Any good physician can advise you on this point. See that you take a walk in the open air every day. Stay out-of-doors one full hour if you can. On real pleasant days two hours might be better if you can make it fit in with your other activities. Just walk in the park or out in the woods, or any place that is pleasant and easy of access. Take your outdoor period every day when the weather will permit. Some days you will feel disinclined to do this, but the closer you can come to living a part of every day in the open air in this way, the more reward you will get in the way of increased health and happiness.

Cut your housework down to the limit. Get interested in organizing everything so it will go on with the least amount of effort on your own part. Perhaps there are children or other members of your family who might take over some of the responsibilities if you encourage them to do so.

Try to think of your home as a place where happiness is the chief thing. In everything that you do, remember that it is not efficiently done unless you *enjoy* the doing. Not what you do counts for happiness and health, but how you do it — the kind of spirit in which you do it. Everything must be done in a spirit of loving kindness and interested enjoyment. If you don't *feel* like doing it that way, don't worry, but simply *act* as if you really did feel that way. Act your part just as if you were playing a part on the stage. Pretend that you feel that way and then act up to the part you are supposed to be playing. If you do this with all good will you will soon find yourself *feeling* more of the part. You will begin to realize that you are really doing your work in spirit and in truth, in a spirit of loving kindness and interest in your work.

Take several rest periods each day — five minutes at a time may do wonders for you. Drop into your

chair for a few minutes like this several times each day, and read some inspiring literature at the same time that you are resting.

Every time that you find yourself fretting or feeling the clash of feeling and thought, or every time you feel resentment or criticism toward anybody, just stop short and *deny* that fretting and the clashing feelings and thoughts — deny that they have any power over you. Affirm peace and prosperity to yourself and others who happen to come into your mind at the time. Never mind whether or not you can really *feel* that which you affirm. Make your affirmations slowly, positively, and repeat them several times — slowly, distinctly. Then dismiss the whole matter from your mind and go on about your work or your play or whatever you are doing.

Remember that God works in you *now* to will and to do of his good pleasure, which is *your* good pleasure. And remember that God works in each and all to do the best that each and all know how. And remember that every day we know better than we did yesterday what we should do. Do not limit God in his ways of bringing about the things you affirm. Peace and happiness are just as much yours now to manifest as they have been at any time in your life. Seek them within yourself — in God working in and through you for the realization of your deep desires.

*

How Many Burdens Have YOU?

QUIT carrying around so many burdens on your mind! The burdens that you carry on your mind are the very things that so cover up your real self that the right things cannot be demonstrated in your life. If a man sees a woman who is loaded down with all kinds of troubles that upset her, he is sure to pass her by, looking for the radiant, happy, symptahetic girl who *attracts him.* And the attractive person is just the person who is fully alive, who is interested in everything and everybody, and who expresses that interest as kindly and as fully as he can, and who enjoys life and living.

Such a one finds a way to overcome his burdens, or adjusts to them. He does not carry them around with him every hour of the day and night. Everybody can enjoy life and living who takes the trouble to be interested in each and every thing that comes up. Of course we cannot all enjoy life to the same extent, or in the same way. To each must come enjoyment according to his nature, and according to his mental attitude. If your life seems restricted, you can still find many things in which you can be-

(Please turn to page 29. Thank You!)

Affirms the UNITED NATIONS of the WORLD

How We Can Know We Are Being Led From Within

By EDITH H. MORRELL

NOT LONG AGO a young man wrote a Truth teacher asking how he was to know the voice of God. He claimed he had prayed and had been led by something he thought was the Voice but it was not, for it led him into trouble.

That question was asked in the apocrypha of the Bible, and the answer was: The voice of God speaketh to thee of gentleness, kindness, goodness, love, long-suffering. Which, of course has to do with our dealings with others, and I think most Truth students recognize the voice in that respect. But it is when we have a decision or change to make for ourselves that we find it hard to know the voice.

I have found that the first question one should ask is: What is in my heart? God's answer comes through the heart "for out of the heart are the issues of life". If fear is there, even in small amount, or any of the negative emotions — anxiety, grasping, greed, dread, depression, anger, resentment, bitterness and the like, then we can be sure the answer is not of God. Fear is not God speaking. Instead, that which I fear comes upon me or answers.

But, if the heart is lifted up in joy, gladness, thankfulness, love, purity of motive and praise, the answer comes through these, and so from God, for these are God-attributes.

At one time I fell into the habit of not sleeping well. I was doing mental work and my mind just didn't stop after I retired. I prayed for deep sleep, of course, and repeated affirmations. But I seemed to become only more wide awake. It was some time before I realized that fear was lurking in my heart — fear that I would not sleep, a subtle thing. But I could not seem to free myself of it. Finally, instead of praying about it only when I went to bed, I prayed during one of my daily silences when I was completely free from fear. The answer came clearly: ENJOY. And that was all. But almost instantly I knew what it meant. I was to be *in joy* before I went to sleep — before I went to bed even. That meant I was to think of joyful things, laugh about something, enjoy the soft comfort of the bed, the restful darkness, the freedom from tight clothes. But I soon learned I wasn't to think of the joy of sleep. There is no such thing, there is only the *joy of having slept* — and that comes in the morning. Needless to say I slept. When fear was out of my heart, I could hear the Voice.

Another time I was over anxious. The time was short in which I had to have a certain sum of money. I turned to God for help, but I wanted God to hurry. The hurry in my heart brought a confusion of suggestions that got me nowhere. Finally, the day before I had to have the money,

I dozed off while in the silence. When I awoke, I was at peace. I thought joyfully and thankfully: *There is always a way in God.* My next thought was of a certain document. I secured the document and found by reading it a way to get the money. Going to sleep isn't necessary, of course, but it had cleared my heart of all worry which is a form of fear.

So clear the heart before you pray. You can even order the wrong thoughts and feelings out: "Thou shalt say unto them, depart from me into everlasting darkness and the King of Glory will come in," or, "Be still and know that I am God." When the heart is filled with love, when peace comes, when it is no longer bogged down but lifted up in joy, when that feeling of life more abundant is there, you will have no trouble hearing and recognizing the Voice.

Give Power to Your Plans

By ANNIE S. GREENWOOD, M.A.

"Thou shalt decree a thing and it shall be established unto thee."—Job 22:28.

YESTERDAY, with a sudden nostalgic childhood memory, recalling the fragrance of crispy-crusted loaves fresh from the oven, I wanted to bake some bread. With an ample supply of flour on hand, with milk, shortening, sugar and salt all within reach in cupboard and refrigerator, plus time and skill for using them, why not have some good old-fashioned homemade bread? Just one thing stood in the way. It was grocers' picnic day, the shops were closed and I couldn't get any yeast. That one little item, a yeast cake, hardly more than an inch square, stood over against all these larger supplies and over-balanced them in importance and I could not bake the bread. Yes, I could have bought my yeast cake the day before and had it on hand, but I had neglected doing so, not thinking of it as something to be done *in advance.*

Today, still longing for homemade bread, I made my tiny purchase, a three-cent yeast cake, and now my kitchen is redolent with the hunger-provoking odor of new made bread. It's good, and I rejoice in it, but I might just as well have had it yesterday if only I had previously bought the cake of yeast, available at the corner grocery.

After all, it was the most important ingredient in my bread-making operation. For any of the other items, a fairly good substitute could have been found, but nothing could take the place of the yeast — that silent, potent factor which motivates everything else and makes possible the desired result.

This is a simple, homey illustration, but then the most of our enterprises are more or less simple and homey — little things that have to be done daily in the shop, the place of business, the farm, the service station, at the professional desk or in

the home. It does not make much difference where; the process is about the same. The activating power must be taken into consideration and given precedence if we are to expect the right results.

That which makes use of all the other component parts is the spiritual power which we put to work when we take Job's words at face value and "decree a thing," knowing that "it shall be established." That is the basic requirement, and until we have put it into operation there is no use of our rushing around trying to do good work and to carry on successfully by our own efforts. All our objective doing is wise, necessary and wholesome, *provided* we have first, in quiet confidence, placed the entire matter in the Father's hands and issued our decree that his will is now being done, voicing our desire, knowing its fulfillment and gratefully accepting it as already done in Spirit. Then, of course, we augment that decree by our co-operation, objectively doing whatever shall promote the desired end.

I knew perfectly well how to blend the different materials which go into bread making; I understood the mixing process, the timing, the temperature, the repeated kneadings and the baking but I was not so foolish as to attempt to make bread without yeast. Common sense told me it would be useless. Still, in the vastly more important matters of life, am I equally wise? Like other active, independent, aggressive Americans, I am quite likely to see the necessity or desirability of a certain activity, to decide how to start, and to put into it the expense, planning and work which seem to be justified. I am, however, likely to overlook the most important of all — the quiet, trustful, peace-filled meditation time which should be the first consideration and which is absolutely necessary if success is to be guaranteed.

The best investment in today's bread-making procedure was the three cents I spent this morning for that cake of yeast which put life into the other supplies that go into a loaf of bread. It furnished the stimulation they needed. It made them all outstandingly important as they contributed their parts to the successful whole. They were all good without the yeast but that good was lying dormant until stirred into action by the leavening power which set them to work.

Exactly so it is with the prayer time in which we find ourselves at one with God, conscious of our right and power to declare into being the desired thing, condition or quality through our believing decree and perfect acceptance of its fulfillment. I shall not discount in the least the importance of our own intelligent efforts, our honest work, our eager enthusiasm and our persistence towards a given accomplishment. They are all necessary, but they are only the outer material adjuncts which have to balance the inner spiritual potency to which our attention must first be given.

In bringing anything to successful accomplishment, large or small, public or private, an investment is necessary. The importance of investing our time, trust and specific decree for the perfect manifestation of the Father's will is eminently greater than anything else we can ever invest. It is what lays the foundation for success; it is the leavening process which starts thoughts into becoming

things. It is the necessary step of believing before receiving and which therefore conforms to the directions which Jesus gave us when he said, "What things soever ye desire, when ye pray, believe that ye receive them and ye shall have them."

I am glad the grocers had their picnic yesterday. It impressed me with the necessity of first of all supplying myself with that which puts the power into all other ingredients and enables them to produce the good my heart so much desires.

Truly successful enterprise must forever depend on the leavening power of the spoken word which utilizes God's promises to his obedient sons and daughters in their efforts to bring the kingdom of heaven into visibility.

After the Need Is Met

By LOUISE GRAY CASON

AT THE TIME you are facing an urgent problem the answer is all important. You cling to what understanding you have, diligently apply the Law of God to the situation until the error is dissolved and your answer emerges as the sun bursts forth after a storm.

What do you do after the need is met? Does this glorious answer you have received today of God's presence and protection cause you to live a happier, freer, more glorious life from now on? If you just accept the material manifestation you have received and use it to gratify yourself in a personal way than for your ultimate spiritual on-going your demonstration has been a failure.

Through the actual application of God's presence to your problem you learned very definitely God was a real and practical power in your life. Now take this truth and live it each day, apply it to the thousand and one little annoying situations that confront you daily. They will melt into nothing just as the big problem vanished when you applied the knowledge of God's presence to it. If you do this, you have gained good for all eternity by the solving of your problem, and your demonstration was a complete success.

Do you remember the story of the ten lepers Jesus healed? (Luke 17:12–19) Only one of them thought of God after the glorious answer came forth. I am sure the other nine went their ways of sense and soon their bodies were again in the grip of something else as the result of their continued error thoughts. But the one who turned back to acknowledge the Father and give thanks, I feel sure, continued to grow in spiritual knowledge and express an ever more glorious life as he sought the Divine Presence in ALL.

To make one big demonstration over an urgent need is not as important as the course your thinking and living takes as a result of the demonstration. It is the dominant attitude

of your mind that determines what your life shall be. And if we apply this truth we learned in the big demonstration to the little things of life, we can look back tomorrow and see our life is slowly but surely unfolding ever more and more unto perfection.

Remember precept upon precept, line upon line Truth is learned, here a little, there a little, until one day we emerge into perfect at-one-ment with our Father.

The Attainment of Enduring Health

By RUTH W. GROSS

HEALTH is the normal state of man. It may be said that true spiritual health is more than what we ordinarily mean by normal. It is a condition of the physical body that is reinforced by a spiritual realization of the individual. Outward appearances have nothing to do with the real inward state of health of a person, and the sooner an individual realizes that his health rests upon a more subtle, more spiritual basis than the outward physical condition or appearance, the visible outward form, the sooner he is on the road to a realization of a permanently healthy mind and body, that dependable state of health which cannot be broken down by outward stress, outward pressure, worry, diseases or other blemishes of the mortal physical belief.

This state of health is something to be won in life. Few people are born with that apparently supernormal state of mind and body, but it can be won by steady and determined effort by all who realize there is such a condition and that that condition is the *real* normal state of man. How can this state of health be won by us? The first thing to know is that we can start to attain it from any point in life, or any point of seeming physical disability that might be manifesting in appearance at the time. We do not have to wait until so-called outer health is established. For this wonderful health is something not built up of purely physical substance. It is brought *down* to us by a recognition of its true reality. Therefore, the first condition necessary is a realization that the superb health we are going to manifest is to be established in God and not established in thinking about material matter. We are going to look forward to the establishment of a health that is the reflection of the true spiritual man and intended for us at the very beginning of the world.

Many people, apparently healthy, and who would pass a medical examination 100%, we find snapping out of life unexpectedly. Their apparent strength of body meant nothing in times of stress. Other individuals who apparently are not very strong, we find resisting disease and going along evenly all through life. Where is the difference? The difference is in the inner realization of the

"state of health" of the body. One has a more spiritual conception of his body. He has an instinctive feeling about himself. The other is the purely animal man and manifests the purely animal health. He knows nothing of the spiritual forces operating in the universe.

However, what we desire is to have and maintain a spiritual condition of health not touched by disease, not touched by fatigue, not touched by any dark distress that lurks in the lower physical realms. To begin this realization we must know of man's inner spiritual reality, not subject to material limitations. If man is spiritual, he should reflect that spirituality in the flesh. "In my *flesh* shall I see God." We have heard that the spirit is willing but that the flesh is weak. Yet, if the spirit is willing enough, the flesh is never too weak. Strength is in the spiritual man and it is up to us to imprint this spiritual reflection upon the manifestation known commonly as the physical body. Time should be given each day toward recognition of the truth of existence. All through the day we can reject such thoughts that would make us believe that we are just flesh and blood. Turn down such a conception of "Self," and substitute the opposite belief. Know that we are made in the image and likeness of God, and that we can now bring the strength of the inner man into physical manifestation in this body of apparent flesh. In other words, we open ourselves to that great reservoir of spiritual strength which ever abides in the higher worlds, only awaiting our recognition of it to be released for our use. "I have meat that ye know not of," said Jesus.

Therefore, it is up to us, this day, to begin the great spiritual work of building health. It is so good to know that we can begin today regardless of appearances. Physical appearances have nothing to do with it. This true health is entirely independent of condition, appearance, etc. It is all up to our ability to become quiet and our ability to realize the truth of man's spiritual existence.

> "Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is."
>
> — *John 3; Vs. 2*

THE BIBLE has been the Magna Charta of the poor and of the oppressed. Down to modern times, no state has had a constitution in which the interests of the people are so largely taken into account; in which the duties, so much more than the privileges, of rulers are insisted upon, as that drawn up for Israel in Deuteronomy and Leviticus. Nowhere is the fundamental truth, that the welfare of the state, in the long run, depends upon the righteousness of the citizen, so strongly laid down. The Bible is the most democratic book in the world.

— *Huxley*

A Letter to the Sorrowing

By JAN HENDRYKS

THE FOLLOWING is an excerpt from a Christmas letter attributed to Fra Giovanni, written to a friend in the year 1513. I received it last Christmas from a friend of mine, and I pass it on to you with the prayer that you may receive the comfort and peace that it has brought to me:

My Friend,

I salute you. I am your friend and my love for you goes deep. There is nothing I can give you which you have not got; but there is much, very much, that while I cannot give it, you can take. No heaven can come to us unless our hearts find rest in it today; take heaven! No peace lies in the future which is not hidden in this present little instant; take peace! The gloom of the world is but a shadow. Behind it, yet within our reach, is joy. There is radiance and glory in the darkness could we but see, and to see we have only to look. Life is so generous a giver, but we, judging its gifts by their covering, cast them away as ugly, or heavy, or hard. Remove the covering and you will find beneath it a living splendor, woven of love, by wisdom, with power. Welcome it, grasp it, and you touch the Angel's hand that brings it to you. Everything we call a duty or a sorrow or a trial, believe me, that Angel's hand is there; the gift is there, — and the wonder of an over-shadowing Presence.

Our joys, too; be not content with them as joys. They, too, conceal divine gifts. Life is full of meaning and purpose; so full of beauty beneath its covering that you will find earth but cloaks your heaven! Courage then to claim it: that is all. But courage you have, and knowledge that we are pilgrims together, wending through unknown country, home! And so, at this Christmas time I greet you. Not quite as the world sends greetings, but with profound esteem and with the prayer that for you now and forever, the day breaks — and the shadows flee away."

The above letter came to me when my heart was heavily laden with disappointment and grief. Its healing balm has remained with me throughout the past months and will, I am certain, continue through the years as it undoubtedly has continued since the good monk penned it to a friend over four centuries ago. Truly, Truth is deathless! The blessings we give expand in an ever-widening circle! May healing and peace profound be yours.

YEA the darkness hideth not from thee; but
the night shineth as the day;
the darkness and the light are both alike to thee
— *From the 139th Psalm*

Peace

By HELEN IVES

Divine love protects
Divine intelligence directs
Divine mind shows from day to day
All we need know or do or say.

A LONG TIME AGO I took this four line stanza out of a magazine and used it for my daily prayer. I thought it was very comforting, and a very lovely thought expressed in a way for easy memorizing. For years there was probably no day that I didn't repeat it, perhaps in a parrot sort of way.

It was not until I had broken off with my northern connections and come to St. Petersburg, Florida, to make my permanent home that I realized the meaning of what I had been saying all those years. Just after I came here we were plunged into the thick of the war and all my plans so carefully assembled began to melt away like thin ice. The work I was doing — had been preparing for, months ahead — was creative and not in any way essential to the war activities now thrust so suddenly upon us. I was alone, and thrown — sick at heart. Why had I made the move? What was I going to do now? I had been so used to planning and then praying for God to help ME work out MY plans. I had previously been fairly successful because I had always been right in the pulse of things and if one manoeuvre didn't turn out just the way I expected there was always something else to turn to. But I had come away and disassociated myself with things because I was tired of always striving, and as I expressed it, getting nowhere. I would concentrate on what I wanted, and then after I got it, where was the satisfaction? None that I could honestly see.

So I had let go of everything and come away with very little money, but plans which I felt sure would work out when by myself. And then came the war, knocking everything into a cocked hat. Of course I could have let my plans wait and gone to work in one of the war plants, which I didn't want to do, and now I can see that it wasn't what God had in mind for me either. But I didn't see it then. Finances were getting low, and I think I was perilously near the "Snake Pit," when walking along the street I began my little Pollyanna excerpt, "Divine love protects," etc. Well, why doesn't it? said I. And then a something permeated my consciousness; Why don't you let it? Why don't you let Divine love (God) protect? Why don't you stop worrying and figuring and telling God what it is *you* want, and just let God do the protecting? Try it.

Well, that gave me an idea and I concentrated on the next line. "Divine intelligence (God) directs." Here again I saw where I had erred. I had never let Divine intelligence direct. I had superseded Divine intelligence with my feeble self-intelligence and then wondered why I was never satisfied. I was now maybe on the right track. Let Divine intelligence (God) do the directing. Mine was to follow directions — not to

give them. "Not my will, but thine be done."

The third and fourth lines were the crux of the whole stanza. "Divine mind (God) shows from day to day, All we need know or do or say." I added a fifth line, "In all thy (my) ways acknowledge him, and he will direct thy (my) paths."

There is what is spoken of in the Bible as the peace which passeth all understanding. I think that is what truly descended upon me. I actually — if you can see what I mean — stopped planning. That doesn't mean that I stopped being a human being and expected God to feed me with manna from heaven — oh no! But I stopped worrying about WHAT to do because Divine intelligence (God) was going to direct me. I wasn't worrying about time slipping away and nothing materializing because Divine mind (God) was showing from day to day all I need know or do or say. People may laugh or scoff if they want to. I know what I'm talking about. I've been through all this.

It was only a few days later that a letter came from one of the big importers in New York. He didn't even know I was in Florida. "There are no imports coming over. Why don't you put your brains to work and design some small novelties? We are badly in need of such."

Well, that would have tided me over nicely. I have the kind of mind that likes to fiddle with small things, but I was staying in a hotel — hardly a place conducive to getting down to work. Coming from the hairdresser's and getting caught in a shower I got in conversation with a woman who had been looking at a house in which she wasn't interested. I looked it up, and it was unfurnished, and only for sale — not for rent. I went to see the owner and asked for a six months option and I would pay a monthly rent which was to be applied on the purchase price six months later. Divine intelligence (God) told me just how to manoeuvre this. Every piece of furniture — lovely things — I bought on the installment plan. And now, just five years later, my house is well paid for, is a lovely home — sits alone with an ample garage in the rear — plenty of ground all around with poinsettias and other flowering plants, and this month I gave the painter a check for several hundred dollars to give my house two coats of glistening white paint with green trim. I am very proud of my home. "Divine intelligence (God) directs." If I had only let this work for me years ago! But I was too tied up with people and what they thought and what they wanted — and what they decided was best for me to do.

Don't let people decide your life for you. Let God do it. "Be still and know that I am God." Go often into the silence. That is what peace means to me. "In all thy ways acknowledge him, and he will direct thy paths." One of the old gospel hymns reads:

"When peace like a river attendeth my way
When sorrows like sea billows roll,
Whatever my lot, Thou hast taught me to say
It is well, it is well with my soul."

BLESSED shalt thou be when thou comest in,
and
Blessed shalt thou be when thou goest out.
— *Deut. 28:1-7*

The Matchless Gifts of God To You

By KATHRYN SANDERS RIEDER

MANY PEOPLE come to the realization that the windows of heaven pour out lavish gifts upon them, yet fall short in the appreciation of God's gifts to man.

No builder or artist would expect to become skillful until he learned to esteem his tools. He expects to work diligently to know their various uses, to understand their purpose. It is so that he will grow beyond the attitude of "laying brick" to the inspired vision that he is "building a cathedral."

For example, do we show respect for the gift of our physical bodies by caring for them? One capable business man assured his wife that he could not stop to take a needed rest. He couldn't be spared. He had to be spared completely a little later, for he lost his health and became useless to those who were depending on him.

Charles M. Sheldon said that each life needed "a just proportion of things; giving place for work, play, love, religion, worship, meditation, friendship, God."

We need to learn to respect our power to see good qualities in others. Until we do we need never expect happy personal relations in our life. With a little effort we can develop our gift of understanding that others have a right to be happy, to make decisions, to hold ideas that differ with our own.

A professional man who had not learned to respect his wife's good qualities feared that she would discover his business troubles and have contempt for him as a failure. At the same time the wife was consulting a psychiatrist to learn why her husband refused to confide in her. When she found her husband at the breaking point from trying to bear the burden alone, she was able to explain her feeling. Together they established their basis of appreciation for God's gift of the understanding heart.

Do we respect God's gift of the mind? The ability to think is a crowning attribute of man. How often we hear people belittle their mental powers. They say they cannot understand anything that is complicated, that they cannot spell, or remember dates or details. Actually they have made little effort to do so, and repeating the statements makes their words seem true. We can all make greater use of our minds than we do. The mind does not grow old and weak but increases with power as it is used. But used it must be if it is to be agile.

Do we respect the ability God has given us to learn to do some things expertly? The person who never learns to do anything well is a person with no respect for his ability. All can learn to do some things well and there is deep restorative power in the accomplishment.

A minister commented on this recently. He had been trying to write a sermon but could make no progress in presenting the important message. He found it discouraging, until he remembered what to do. He had only to turn to some task he did very well,

to go to work at that. He decided on weeding the rose bed thoroughly. As he worked he took satisfaction in the neat appearance he was achieving. The dark, moist earth, the waxen green leaves, the pink blossoms took on a well kept appearance that rewarded him. Soon he returned to his sermon to find the ideas flowing smoothly.

Do we respect the opportunities God showers upon us? Around us lie many opportunities awaiting our notice. One journalist who had seen days of plenty and days of lack, said that as long as he had a World Almanac he need never lack an income. He saw there material teeming with ideas for salable articles. To many the tables of fine print were only tedious reading, to be avoided if possible.

A woman who respected her opportunities needed to make an income. She wanted, too, to give a summer vacation to small children who would otherwise have none. She saw the many things needed, but she also saw the promise in her large house and yard, and that ample time and affection she had to give them. Without money to support the venture, she had considerable difficulty in making arrangements. But at last an organization was found which would pay for the board of some small children such as she desired. She filled her house with them, gave them fine training, and filled her own need to be of service to the little ones who needed her.

Do we respect our environment in which God is present? We know that in our present environment lies the material from which to build a satisfying life. It is so much what we do with the materials we have. Certainly there will be conditions not of our choosing, yet we can often disregard them by centering on the things with which we can work. Many people feel that if they could only get away to a different part of the country they would be happy. They forget that they would be the same people, faced by the same necessity to deal with problems much like those present in any situation. Very frequently our present environment holds all we think we see just over the hill.

Respect for the individual's need to know more abundant living has been central in the Christian religion from the beginning. Man has been inspired to build a better life as he studied the life Christ lived. He has been taught to consider his body a temple of the living God. He has learned to respect the materials from which he fashions a thoughtful life. He knows Christ's concern for the welfare of others. Because he has known the certainty of help in building his life, the follower of Christ does not lose hope. He looks confidently to this day, rising to a higher level of consciousness by respecting the bountiful blessing of the ever-present, matchless gifts of God.

Make yourselves nests of pleasant thoughts, bright fancies, faithful sayings; treasure-houses of precious and restful thoughts, which care cannot disturb nor poverty take away from you, — houses built without hands for your souls to live in. — *John Ruskin*

How I Let Go—and Prosper

By FERN CURTIS

In my habitual reading of my daily paper I find myself becoming all too familiar with the phrase, "Declared Surplus," in reference to government real estate and personal property. It has been interesting to note that what was once considered vitally essential, is no longer needed, and is now ready to be disposed of at a very nominal sum.

This thought fastened itself in my mind. I was going through a period of readjustment, for although I had been a Truth student in a general way for years, I had only recently begun to make a consistent application of it in my daily life; and although I seemed to be making progress, I still felt a vague realization of barriers confronting me that were hindering complete demonstration.

One day, as I was in a slightly depressed mood, the words, "Declared Surplus," flashed across my mind, and the idea came to me to apply this thought to my personal life and start a ridding-out process. I immediately sat down with pencil and paper and took stock of my surplus possessions. In fifteen minutes I had an almost unbelievable list.

First, there was that old grudge against Cousin Jane for going to the country for the week end the day I arrived as a house guest. After all, she was barely out of her teens, and would I not have done the same thing at her age? Also, what had I done to make myself so important in her estimation?

Then there was that friend who I had been trying to hang onto for old time's sake but whose responses were few and far between. Would it not be better to spend that time on some shut-in or some one who needed help?

And so on down a long list of so-called friends who were bringing me back to old states of consciousness or depending on me to take the initiative in various ways. I resolved to break no friendship completely, as my help might be needed at a critical time; but hold each in a detached form while I directed my energies to more constructive channels.

Next came a list of traditions I had been holding up; gifts or invitations at various times. In reality these might be placing a sense of obligation on the recipient, and wouldn't a card or a friendly note be more appropriate?

Then what about the store I had been patronizing to get special favors when the prices were more than I felt that I cared to pay. Wouldn't God take care of these needs if I but asked him?

When I had finished my mental list I decided to make a list of personal effects that seemed unnecessary. It was surprising the number of articles I was hoarding with the idea that I might use them sometime.

What a lot of books I had that needed regular dusting that I probably wouldn't open in a lifetime. These could be used to good advantage at a convalescent center. I remembered a box of outmoded clothing that I had kept because it held

so many possibilities. There was a friend on a ranch who was handy with a needle who could make good use of these articles.

There were numerous articles of bric-a-brac that would add attractiveness to a tiny girl's room, and even a few articles of useless furniture.

When I had finished this list I felt as light as a feather and I made a resolution to take a few minutes each day to make a "Declared Surplus" list. It was not long after I began clearing the channels that my health began to improve and prosperity demonstrations began to take place steadily.

I am experiencing new happiness each day and find that my success in the study of Truth is not in accumulating but in letting go.

Concerning Spiritual Healing

By JEANETTE A. SWAFFORD

IN THE mental and spiritual aspects of life it is the unwavering belief in God's unrestricted power to heal you when you cooperate with him, and the faith and grateful trust in his love that *wants* to heal you, that brings results. You must believe in his *reality* in you and around you. You must believe in his nearness and tenderness. You must realize that the life that is in you is God's life and that you are never separated from him. Feel your pulse and stop to think about it. It is only *his* life that is surging through you for there is no other life in the universe. He is sharing his life with you. And as you ponder upon this momentous truth, relaxed, because fear and distrust has been left behind, he can cause this pulsing, perfect life of his to transform or carry off diseased conditions that cannot be healed in any other way.

In the physical aspect of life God must have your cooperation in the observance of the well-known laws of health — proper nourishment, rest, exercise, sleep. And if your malady is not something that is beyond the help of your earthly physician, you should cooperate with him if his help is effective, for God has placed many helps at the disposal of his earth children and it shows no lack of faith or disloyalty to him for you to accept these gratefully. All branches of medicine have their place where they can be of help and may greatly hasten your recovery; for the time element enters into most cases of spiritual healing as truly as with the help administered in the physical.

It is the quiet assurance of *all* concerned, putting the entire matter completely into God's hands, that opens the way for the healing vibrations sent to be received. These come to you quietly, unseen, through the ether, as they are sent from the

Father, through his earthly instruments, the healers (or direct to you from the Father, through the Christ, if your mind is stayed on him sufficiently to make the personal contact) just as the vibrations come, unseen, through the ether that bring to you your radio programs. You may rejoice in the fact that even with all the handicap of fearful thoughts on the part of others, you still can be healed by God's power if you, yourself, have faith *enough* to repudiate every fear and shield yourself from the harmful thoughts of others by picturing yourself as protected in the center of a great sphere of God's pure white light, which holds back the effects of fear-thought vibrations from you, as the screen holds back the flies.

Another way in which you can help yourself to a great extent is by never talking of your ills to anyone but those directly concerned with your care, and then only when really necessary; for dwelling in thought in the ailment builds that ailment into you instead of health, and is not cooperating in the mental aspect, which is vitally essential. Therefore devise any means you can to keep your ailment out of your conscious thought. If friends drop in to commiserate with you, let your cheerfulness disarm them of their gloomy trend of thought. Let them understand you intend to be entirely well and that you do not wish to think or talk about your condition at all. Change the subject by bringing up some topic of the day or anything in which you are interested.

Furthermore, to occupy your idle time, if able to read, get some light, cheery, wholesome reading — nothing heavy, which causes a mental effort to comprehend. God wants you to do this where possible to help to keep your mind off of yourself so he can help you. Then just leave the actual healing process to his power and love. Do not weary yourself with affirmations. Accept once and for all the fact that God has taken over your case and is healing you, and nestle down in the cozy security of that precious promise in the 91st. Psalm: "He shall cover thee with his feathers, and under his wings shalt thou trust." This will be perfect spiritual cooperation. Read the whole 91st. Psalm often. It is such a comfort. But remember that the promises are to the one who qualifies to meet the conditions of the first stanza; that is, "He that *dwelleth* in the secret place of The Most High —" he that habitually lives in harmony with God's vibrations.

Now what is the test that will satisfy you as to whether you are or are not trusting God? What is the test for the loved ones to learn whether they are sending you help by trusting thoughts or hindering you by their fear? It is this. Let each ask himself the question, Am I afraid? Am I discouraged? If you are *really* trusting, you will *not* be afraid and you will *not* be discouraged, though the completed healing should take longer than you think it should; for there are three stages to healing: First, the actual staying of the disease, which, if the spiritual help sent be received fully, is practically instantaneous. If the ailment be but a nervous condition, arising from a wrong mental outlook, or something where the clearing away of a wrong impression is sufficient to eradicate it, then the instantaneous correction may be all that is necessary. But far greater in number are the cases where,

through years of suffering, there has been an accumulation of foreign substances in the body which must be carried off by means of God's Law of Restoration at work in the physical tissues. And here the time element enters in, for all changes in the physical are made in accordance with the Law of Growth and Repair in the physical world. This is the second stage of healing.

The third stage is the blotting out of the *memory* of the pain, which may have been lodged in the subconscious mind, as it often is, causing the impulses from the brain to carry forward the sensation, which seems to the patient to be almost as real as the pain of the disease, even though the healing of the physical has actually taken place. This also takes some time unless the patient has the power to let go completely of the thought of past suffering. The best way to eradicate this is to talk it out with The Father as simply as with a wise and loving earthly friend, asking him to take over and in his own wise way to blot it out of your mind. Then trust it entirely in his hands, knowing that if you do this it will, in accordance with the laws of the mental world, be done for you. But do not be discouraged if this should take longer than you may think it ought, for perchance the impression has been of years' standing, though in the end it will yield in accordance with the working of the law. Remember, "He is my refuge and my fortress: my God; in him will I trust."

THE MOST thorough and impartial investigation proves that thought is the veritable organizer of all physical conditions. To add to the vitality of our material tabernacle, we must radiate true thought from its inner potential fountain, until it thrills the whole organism. Thus the spiritual Innermost of man, the Christ which is "The Word," is made flesh, or comes into externals. Thus the Word is "spoken," for from thought within it becomes articulate without. But it must be unmixed with doubt, fear, and faithlessness; therefore, "speak the word *only*, and thy servant shall be healed."

The whole product of God's creative thought was pronounced good. In the measure that man proceeds on the divine plan he not only will "think no evil," but will specify and uprear the good, the true, and the beautiful. — *Henry Wood*

What Makes Life Worth Living?

By PAUL CARTER

ARE YOU unhappy? Do you feel that you would enjoy yourself more and find life sweeter in some other place? Maybe you would, but the odds are against it. Of course, if the breath of scandal has blown across your household, if you are financially unsuccessful, or if you are ill a change might prove beneficial. But, as a rule, there is little point in moving in the hope of acquiring happiness. It seldom works out. People are about the same everywhere, on the average. No matter where one goes he will find this true. Happiness comes from adapting one's self to his environment, from being busy and from leading a well-rounded life.

I know a widow woman who was desperately unhappy. Her children were grown and away from the parental roof. All her life she had lived for the children, rarely thinking of herself. She had no friends. The only people with whom she mingled were neighbors and that intercourse was largely confined to brief chats over the back fence. While the children were with her she got along, after a fashion. They were lively, full of fun and kept her informed on the town's activities. But, upon finding herself alone, she was miserable. Through years of sidestepping it she did not mix well with others. And it wasn't easy to make a fresh start in middle age. Maybe this woman didn't know what was wrong with her life; if she did she didn't know how to correct it, or couldn't bring herself to do it.

Finally, in sheer desperation, she made a trip to another state and came back enraptured over its numerous "advantages" over the one in which she had lived practically all of her life. There were so many places to go, so many things to see. Oh, it was wonderful! She had the grandest time! Of course, it had been frightfully expensive because her amusements had to be purchased with cold cash, and lots of it was needed. As she was a woman of ample means, however, this did not matter.

Selling all of her property, she moved to this new found paradise — this indescribable Utopia of her dreams. For a few weeks all went well. She visited some new place every day, spending a pile of money in sight-seeing. Suddenly, and without notifying anyone, she returned to her old haunts.

Relatives were friendly — and curious. Yet they did not quiz her, preferring to wait until the desired information was volunteered. It was not long in forthcoming.

"I learned something down there," she declared, "— something that gave me a stiff jolt. I learned that people were the most wonderful things in the world. They're essential to happiness. I learned this fact the hard way — by not having anything to do with people. I guess you would say I learned it by doing without them. Anyhow, for a time I was thrilled by what I saw. And it was plenty. But those sights and show places were no substitute for friends. After awhile I saw every-

thing worth-while, going by myself. Even before I visited the last places my program had started to pall. I was already unhappy again. I know now what I should have known many years ago — that I need close friends, a moderate amount of social life. I need to cry and laugh with people — just plain people like myself — and really get to know them, not superficially but thoroughly, intimately. It's no fun being a 'lone eagle.' — Tell me, how can I go about learning how to make friends and plunge into things at my age? How can I acquire the knack of mixing easily with others? There's been a frightful void in my life for many years, and I want to fill it. I want to have friends and neighbors — the real kind. I want to play a role in community life. My life has been a hollow shell long enough. When I took that trip I was trying to run away from myself, that's all. But nobody can do that. It's impossible."

Here was a woman who tried to buy happiness with dollars and cents. She thought her money would do anything, not realizing that money has its limitations, too. At last she found out that life's choicest prize — true happiness — doesn't come automatically with a big bank account, or with night clubs, shows, sporting events or anything that money can buy. Those things are fine but they're not everything — not by a long shot. Certainly they didn't buy this woman the happiness she craved.

After her "confession" helping hands came from all sides. Acquaintances took her to church. There she found not only solace and cheer but a wide field for service. She joined a study club. Her neighbors became her friends. They asked her to run in for a social evening and there she met other people who also issued invitations. In due course she was giving informal little functions herself. If a friend passed on it was she who was among the first to offer condolence and real help. She worked in Red Cross drives, conducted a weekly children's hour in the city park, sang in the church choir and engaged in any number of other activities. On top of it all she read widely along cultural lines, thus becoming a clever conversationalist. Her day was always a busy one with scarcely a dull moment.

People called her on the phone for a chat, neighbor women ran in the back door to seek her recipe for chocolate cake. The transformation wasn't easy, however. When a person of either sex allows himself to get set in his ways it's hard to change, even for the better. But it can be done by plenty of self-determination as this woman proved.

"I'm happy as a lark," she told a couple of women friends one sunny day as they started on an afternoon hike through the woods. "I was a long time finding out that *people* are what make life worth living. You just can't do without them. I thought of this the other morning when Molly Blank ran in to borrow some vanilla and stopped to chat for a moment. I had been hoping someone would come. At my invitation she stayed for lunch. Just as we were ready to sit down two more ladies dropped in to make it a foursome. Before we were through eating there were six phone calls and two additional visitors. That, you know, is real living. It shows that people really care about me. When one gets

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Views and Reviews

By WILLIAM E. TOWNE

It's a Tough Old World

IT SURE IS tough for the person who has never learned the gentle art of adjustment — adjustment in human relationships.

One of the greatest and most universal of Emerson's ideas was to the effect that truth always lies between two extremes. "Things refuse to be mismanaged," he said. If the individual insists on his own rigid course in life, ignoring others, keeping straight ahead without regard to where the truth lies, he is sure to come up against a hard stonewall of experience. He is sure to find himself in difficulty. "There is always some levelling circumstance," said Emerson, "that puts down the overbearing, the strong, the rich, the fortunate, substantially on the same ground with others."

Life has to be lived — if it is lived successfully from the individual's viewpoint — in the light of certain simple and universal laws. We violate or ignore these laws at our peril. And the law of adaptiveness is fundamental in all human experience. I want something done for me. I want it done NOW. But if the one I am depending upon to do the thing is otherwise engaged, in some equally important activity, for the moment, — what then? Why, it is essential that I should wait for the right moment when the service can be rendered. If I refuse this simple adjustment, and if I build up the habit of refusing to adjust to environment and circumstances, then I shall simply wear myself out butting my head against a stonewall in the shape of a universal law.

Nature is always kind if you cooperate with Her. But you must pay the price in adaptiveness if you are to receive the benefits.

A person who is habitually impatient and wants everything done by others on the moment, is suffering from an inferiority complex. He feels that his authority is not supreme. He wants to prove *to himself* that he has power to gratify his wants by summoning others to instant action in meeting his needs or desires. The more confident person, the one who has more *self-confidence*, is willing to wait — to adjust — serene in his *own* confidence that he will receive what he wants in due time. The impatient and the unreasonable person who insists upon the most rigid rules of conduct — for others — has never realized that "Man's life is a progress and not a station." The way we did a thing yesterday should not necessarily be the way we do it today. We should be able to meet change and be content with a new and different experience, with a new routine of living, if necessary. Such adaptiveness is necessary to physical and mental health. Everyday living experiences require it if the individual is not to live under conditions so inharmonious that his efficiency, his health and happiness will be impaired. Without adaptiveness one may be on the way to becoming a neurotic. Now no one but himself can compel a man to

follow this course. No one can *compel* him to be neurotic. It is quite possible that he follows the path to neuroticism without realizing where it is taking him.

It is well to regard with most careful consideration the tendency which one may develop of always believing himself to be right and all others wrong. It indicates a loss of that adaptive power which alone makes life worth living. "It is our own belief that the common neuroses of Western civilization exacts a far heavier toll of human happiness than all the contagious diseases that human flesh is heir to," wrote W. Beran Wolfe, M.D.

Nature places certain warnings along the way of the positive and successful type of person whose will power and stubbornness have been qualities which led to his success. Happy is he who heeds these warnings and learns to adapt himself when it is desirable, without fearing that it will be considered a sign of weakness. Rather it is an indication of strength and common sense.

Do the thing that is best for everybody and it will be best for you in the end.

— *Henry Ford*

The little sharp vexations,
And the briars, that catch and fret,
Why not take them to the Helper,
Who has never failed us yet?

Tell Him about the heart-ache,
And tell Him the longings too,
And tell Him the baffled purpose,
When we scarce knew what to do.

Then leaving all our weakness,
With the One, divinely strong,
Forget that we bore the burden,
And carry away the song.

— *Margaret Sangster*

The strong men of the world started mostly as weak or puny or crippled. The richest men, the greatest leaders, the most successful business men, started poor and unknown. It takes a handicap to give a man the incentive to carry him above the crowd. — *Robert Collier*

Live and Like It

(*Continued from page 29*)

With a world so full of untried possibilities for you, and with your eagerness to uncover them, how can life ever become boring? Life will not bore you if you go out to meet it, if you uncover your buried senses and expose them to the stimulii abundant in its vast sweep.

A sense of adventure is not dependent upon circumstances or surroundings; the most prosaic life may be inbued with it. Remember that Tomorrow is always a surprise package, and always and always there are untried paths waiting for eager feet and questioning eyes.

What Makes Life Worth Living?

(*Continued from page 24*)

to the point where nobody cares about him — well, life becomes pretty drab and lonely, doesn't it? I used to think people were offish and distant, but they weren't. It was I who was that way, not they. I was out of tune with my environment. The whole trouble was with me. — And by the way, I mustn't forget our club meeting tonight. Help me to remember it, will you, girls? I'm to give a talk on woodland flowers." Then, she laughed, "I hope we see plenty of them this afternoon; otherwise I won't have anything to talk about."

Success In Prayer

Edited by W. E. T. and E. T.

ON THE BEAM OF PRAYER

A RECENT COPY of a popular magazine carried an interesting article on the experiment of sending radar waves to the moon. While the subject of radar is a military secret, this much was disclosed. The scientists did reach the moon for the beam bounced back to earth, having reached its goal. There was a scientific principle involved which worked, as they knew it would.

There is also a scientific principle in prayer but it is no military secret. For Jesus gave it to us in the plainest and simplest terms possible. There might have been and probably is a deep occult meaning to many things he taught, but when he talked about prayer his language was direct, clear and concise. He said "Ask, seek, knock!" He said "Ask, believing you have already received" or with the consciousness of the mental equivalent, and you shall receive. Your prayer will go out, strike its goal and return to you as the thing itself which you desire.

Jesus also gave us a blanket principle of prayer when he said, "Seek ye first the kingdom of heaven and all these things shall be added unto you." For the kingdom of heaven includes all the good we could possibly desire. He then gave us the principle of amplified prayer, when he said, "If two or three of you shall agree as touching any one thing, it shall be done unto you." There is a longer and stronger wave length involved in unified prayer. I have heard it said that united prayer multiplies in strength in the ratio of squares. Suppose three persons are agreed as touching one desire. The power is not just three, but one, four, nine, which added gives us fourteen.

If we would make life a continual prayer, we must start with ourselves by complete surrender to the Christ within, by constantly practicing the Presence of God, by praying without ceasing. Many of us start by simple petition for our own heart's desire. That is what Jesus told us to do. And when our prayers are answered we give thanks and are happy. But soon we begin to look around us and we often find that certain things we have wanted have not always brought us the happiness we thought they would. Then we go another step forward and seek the kingdom of heaven. Here we know that the Father's highest good is waiting for us and we can attain this objective.

Living in the kingdom, the Christ consciousness, we find that we can send forth our word for ourselves and others and that it will not return to us void, but will accomplish that whereunto it is sent. (Read Isaiah, chapter 55.)

This is radar-ating prayer. And regardless of objective, be it health, wisdom, harmony, love, success, opulence or peace, this prayer will strike Reality and accomplish its work. The impact of faith, believing that ye have already received, will perform miracles.

Stepping out a bit more, you find that when most of your prayer life is selfless, when it is concerned with the desire to help others find the kingdom, your own beautiful health,

harmony, opulence begins to manifest automatically. When you desire a home, for instance, start sending out prayers for all the other people you know who also want a home. Let your hand be God's hand, as Mrs. Cady said, and give them the desire of their heart, through your prayer. If you are in debt, in need of money, start praying for opulence and abundance for your loved ones, your friends, for all of God's children everywhere. Give in prayer to others the thing you seem to need in your own life, and both your desire and theirs will manifest.

The only time Jesus prayed for himself was in the Garden, when in great agony, he asked that if it were possible, he be spared death on the cross. All his other prayers were for the healing, the redemption of the world he came to save. We must have that same selflessness, that same love and compassion for others.

It is said that a dozen brief, rapid-fire prayers for a person has more power than one half-hour prayer. It might be called jet propulsion prayer. It is dynamic and effective. In the book "The Cloud of Unknowing," we are told to repeat, mentally, the single word "God," or "Love," over and over as a method of fixing our mind on God. This repetition shuts out negative thought. And finally our minds are fixed on him and he keeps us in perfect peace.

If we are constantly on this radar-rating beam of prayer for ourselves and others, and more especially for others, miracles will appear in our lives and in the lives of those for whom we pray. Negative, evil, ugly things will fall away because our prayer will pierce through them. There are no obstacles in God's kingdom. The penetrating beam of faith, love, and selfless prayer flashes out into God's universe and finds him, and in him is all good for in him we live, move and have our being.

— *H. P. Colo.*

I CALLED upon Mr. Kingsford," reads John Wesley's Journal, "a man of substance as well as of piety. He informed me: "Seven years ago I so entirely lost the use of my ankles and knees that I could no more stand than a new born child. Indeed, I could not be in bed without a pillow laid between my legs, one of them being unable to bear the weight of the other. I could not move from place to place, but on crutches. In this state I continued about six years. At Bath I sent for a physician, but before he came, as I sat reading the Bible, I thought, Asa sought to the physicians and not to God; but God can do more for me than any physician; soon after I heard a noise in the street, and rising up, found I could stand. Being much surprised I walked several times around the room. Then I walked into the square and afterwards on the Bristol road and from that time on I have been perfectly well."

PUT OUT OF your thought the past whatever it may be; let go even the future with its golden dream and its high ideal; and concentrate your soul in this burning, present moment. For the man who is true to the present is true to his best; and the soul that wins the ground immediately before it, makes his life a triumph.

— *Ozora Stearns Davis*

Elizabeth's Editorials

(*Continued from page 7*)

come interested. I know a woman who has been unable to so much as turn herself in bed for eighteen years. And yet all day long and far into the night she attracts to herself people who engage her in light and pleasant conversation. These people are young and old. I think the secret of her success is that she is interested in these people, and in their problems.

However restricted your life may be, remember that GOD IS THERE. Let Him take over your burdens. Your business is to let your light shine in good will to the extent of your ability from one moment to another.

LIVE—AND LIKE IT!

By WINIFRED CLARK

"LIVE EACH DAY as though it were your last," someone has said. Certainly such a system of living would encourage a deep respect for the intrinsic values of life, but the gravity of the thought might tend to destroy the very embryo of spontaneous joy in living.

Why not live each day as though it were your first on earth? The splendor of the world should reach out to us day after day as though we had only just received life as a gift. And what a gift we should know it to be if we had experienced nothing like it before!

Could you ever stop watching the people on the streets if you had never seen them before? So many faces and so many forms, each hinting at a vital story which pricks at the imagination!

We are conscious of the crowd as a milling, pushing mob that bars our way to the streetcar, but the miracle of life surging about us is more often than not lost on our sleeping senses.

What is a tree like? Have you looked at one lately — looked at it as though you had never seen one before? Maybe you haven't; maybe you have simply taken trees for granted without ever having been actively conscious of them as objects of wonder.

What does the color-splashed sky look like at sunset? Perhaps you looked at it once a long time ago, and it filled you with a sense of wonder, and a conviction that it was good to be alive. Why not relive those sensations — why not look at the sky now from time to time?

Live with a joyous sense of new life each day, and the thing you are doing, the thing that you are trying to do, will absorb you so completely that you won't be bothered with petty thoughts about your fellows. In fact, they also will seem wonderful and rare to you. (And they might prove to be, if only you believed it!)

If the world were new to you, that monotonous ride that you take every morning to your place of business would be an adventure. Examine it in that light one morning, and see for yourself.

Live with a sense of adventure. Life twists and turns and shifts in such an improbable manner that it cannot remain static if you allow yourself to move along with it.

(*Please turn to page 26*)

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Of NAUTILUS Magazine, published monthly at Holyoke, Massachusetts, for October 1, 1946, State of Massachusetts, County of Hampden, ss. Before me, a Notary Public in and for the State and County aforesaid, personally appeared William E. Towne who, having been duly sworn according to law, deposes and says that he is the Asst. Editor of NAUTILUS Magazine, and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation), etc., of the aforesaid publication for the date shown in the above caption, required by the Act of August 24, 1912, embodied in section 443, Postal Laws and Regulations, to wit:

1. That the names and addresses of the publisher, editor, managing editor, and business managers are:

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(Signed) WILLIAM E. TOWNE, Asst. Editor.

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